

CLASSES FOR ADULTS

Fit at Heart

Aerobic Classes
~ Weight training
~ Step training
~ Aerobic training

Ages: 16 and Up **Each Meets:** 8 Weeks

Begins: Ongoing

Tue, Thu 6:30-7:30 pm \$35/person
Sat 9:00-10:00 am \$35/person

Lincoln Boxing Club

*No cost until sparring and competition. Focus is on fitness, discipline and excellence.

Call Cruz at 466-6103.

Ages: 8 - Adult **Each Meets:** Ongoing

Begins: Ongoing

Mon, Tue, Thu 6:30-8:00 pm *FREE



Air Park West Weight Room



Weight room includes
free weights, Nautilus
Style Machines, and
stationary bike.

Gym ***Free Drop-In**
Fitness **\$1/visit**
Punch Card **\$10/12 visits**

*Gym is also available for drop-in
basketball as well as walking or jogging.
(16 laps = 1 Mile)

CLASSES FOR YOUTH

Before and After School Recreation

Our credo is "stronger physically, stronger mentally, stronger character". Kids will spend time on fitness, academics, character and fun.

Before School

Grades: K-6 **Each Meets:** 4 Weeks

Begins: 1/11, 2/8, 3/8, 4/5

Mon-Fri 7:00-9:00 am \$72/child

After School

Grades: K-5 **Each Meets:** 4 Weeks

Begins: 1/11, 2/8, 3/8, 4/5

Mon-Fri 3:38-5:30 pm *\$78/child

*Includes snack

Kids Day Off

Many Non-School Days during the school year.

Before School

Grades: K-6 **Each Meets:** See schedule

Daily 7:00-5:30 pm \$13/child

Weekly \$65/child



Air Park West Learning Center

HEY! Our Learning Center provides
computer access and a library on Monday,
Tuesday and Thursday from 5:30 - 7:00 pm.
5th Graders and younger must be supervised
by an adult. Supervised by Center Staff

Contact Us:

AIR PARK WEST NEIGHBORHOOD CENTER

ADDRESS: 3720 NW 46th Street, Lincoln NE 68524

PHONE: (402) 441-7876 **EMAIL:** dkasperek@lincoln.ne.gov

HOURS: Monday, Tuesday, Thursday 11:30 am - 8:00 pm

Wednesday, Friday 11:30 am - 5:30 pm



Top quality
Summer Day
Camp (K-6) &
Jr. Counselors
Program for
Grades 6 & Up

(Must interview, not all selected)

**Call Doug at
441-7876 for
registration or
questions.**

Did You
now?
DK

Air Park
Recreation
Center was the
gymnasium for
Lincoln Air Force
Base until
1966.